

Fun-Play-Fitness



Fort Lauderdale's Guide to Parks,
Recreation Facilities, Community
Events and Programs for all ages.

February-May 2006



Enjoy the Outdoors



The people of Fort Lauderdale are "Survivors." Our most challenging hurricane season brought out the best in both citizens and employees who worked together to help those in need and to restore our City's natural beauty. Stress reactions after a hurricane are as natural as the disaster itself. Dealing with the after-effects and reconstruction can seem overwhelming.

Fort Lauderdale's Parks and Recreation Department offers you opportunities each day to reduce stress and its damaging affects on your health and well being. Take a break from your "daily grind" with one of our many programs. Look inside this booklet for an activity suited to your schedule and lifestyle.

Spring is traditionally a season of growth and renewal. Try something new or rediscover something you have enjoyed in the past. It is estimated that 50% - 80% of all disease is stress related. Be spontaneous. Take a walk in the park or watch the sunrise over Fort Lauderdale Beach. Research from the Trust for Public Lands shows that contact with the natural world improves both physical and psychological health. Get More out of Life this spring by making time for you and your health.

On a personal note, I would like to thank Recreation Superintendent Steve Person for his 23 years of dedicated service to the City of Fort Lauderdale. Steve was instrumental in creating a nationally renowned Recreation Division. I wish him the very best as he ventures forward.

Phil Thornburg
Parks and Recreation Director

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"Over the holiday season, and even now, James is making better choices with his breakfast cereal and snacks thanks to the nutrition segment of Cardio Camp. He also enjoys the tennis, exercises and learning about the systems and parts of the body. He will definitely continue to participate in Kids Cardio Camp."

Alice Sakhnovsky, mother of James, 9 yrs. old, Kids Cardio Camp participant

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ADA Accessibility in City Parks

Fort Lauderdale Beach



- The beach wheelchair is available from 10:00 a.m. to 4:30 p.m. at the Sebastian Street Lifeguard Station (just north of Beach Place Mall and just south of where A1A splits and becomes one way). Please call 954-828-4595 for assistance.
- Eight handicap-accessible beach parking spaces are available at R Lot at 3031 Sebastian St. (A1A & Sebastian where A1A becomes one way) Weddings/Events

- East Clay Shaw Pavilions East & West - paved area; no steps
- Esplanade Park - Large pavilion; steps in front, ramp in back. Next to ADA accessible restrooms.
- Rotary Gazebo on Riverwalk - sidewalk access from both sides; no steps
- Colee Hammock - brick walkway to bench area by river ADA accessible.

Playgrounds/Parks

Carter Park - All areas are accessible with the exception of the batting cage.

Floranada Park - Pavilion is ADA accessible; handicapped parking spaces available at school next door; playground is not ADA accessible.

Holiday Park - Overall ADA accessibility for entire park. ADA accessible bathrooms located nearby at baseball complex and football complex.

Roller rink spectator seating - ADA-accessible ramp and seating.

Imperial Point Park - ADA-accessible playground equipment. No bathrooms.

Melrose Park - ADA-accessible playground, basketball court, tennis court, and pavilion.

Riverland Park - ADA Parking located on North side of Main Entrance and 1 space available near Accessible pavilion.

Accessible restrooms located next to pavilion and pool.

Accessible path throughout park and access to playground available.

Snyder Park - ADA-accessible playground.

Pools

Carter Park - (25 yard - lap swimming pool) Lift Available

Croissant Park - ADA wheelchair accessible ramp, 2 water wheelchairs

Lauderdale Manors - (18 yard - lap swimming) Lift available

Sunrise Middle School - ADA wheelchair accessible ramp, one water wheelchair

Riverland Park - ADA wheelchair accessible ramp, 2 water wheelchairs

Safety

BICYCLE AND PEDESTRIAN SAFETY PROGRAM

The City of Fort Lauderdale's Bicycle and Pedestrian Coordinator, a position funded by the Florida Department of Transportation Highway Safety Grant, encourages safe pedestrian and bicycling practices.

Current projects as part of this Safety Initiative include: on-going assessments of existing bicycle and pedestrian conditions in the city; the development of Design Guidelines which can improve connectivity and facilities for pedestrian/cyclists; and the initial creation of an interconnected



network that will include Greenways, bicycle lanes, Blueways and other routes and paths throughout the City.

Riding a bike or walking is an option for anyone seeking fitness and recreation, as well as an opportunity to reduce fuel consumption and its related costs.

These and other projects are underway to encourage pleasant and safe experiences and implement a Vision for Connectivity: linking parks and open space to neighborhoods, schools, employment and

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commerce centers, areas of entertainment, and other points of interest. For more information regarding the City of Fort Lauderdale Parks and Recreation Highway Safety Grant Program phone 954-828-5798.

PARK RANGERS AND PARK SECURITY

Park Rangers provide seven days a week, 365 days a year patrol of our parks from 6:30 AM - 11:30 PM. They use highly visible, well-marked vehicles including bicycles, 4 wheel ATV's and patrol cars. Rangers provide assistance to park visitors concerning proper use of park facilities, information and necessary security procedures. Park Rules and Regulations have been adopted to provide a uniform set of guidelines for park users and visitors to follow. The Park Rules and Regulations can be obtained from the City's website. For more information on Park Rangers or any safety or security issues in our park, call:

(954) 828-4634 or visit our office located in Holiday Park.

Beaches

FORT LAUDERDALE BEACH

The Heart of Recreational Life in Fort Lauderdale is its famed Beach, which offers residents and visitors a remarkable array of amenities.



Below is basic information you may need when visiting our beach.

- Two miles of guarded beach with life guards on duty seven days a week from 9:45 AM - 5:00 PM.
- Restrooms, basketball courts, volleyball courts, playgrounds, picnic tables and barbeque grills.
- Disabled parking spaces, shower and beach access at Sebastian Street.
- A beach wheelchair is provided by the Parks and Recreation Department and

- is available at Sebastian St.access.
- A private non-motorized boat concession rental at 600 South Atlantic Blvd.
- Alcohol is prohibited on the beach.
- Dogs and other pets are prohibited on the beach except at Canine Beach.
- Beach Condition Hotline: (954) 828-4597.
- **Adults please watch children closely when they are in and around the water!**
- Dock Master / Marine Operations: (954) 828-5423.
- Annual Beach parking permit for residents available from the Parking Office: (954) 828-3700.

CANINE BEACH

The City of Fort Lauderdale has set aside a section of Fort Lauderdale Beach where you can enjoy the beach and the ocean with your canine pets.

Located at the intersection of Sunrise Boulevard and A1A (extending 100 yards to the north), man's best friend is welcomed Fridays through Sundays between 3:00 PM - 7:00 PM (Daylight Savings Time, between 5:00 PM - 9:00 PM).

A permit is required for each dog that you take to the beach.

Annual Permits (valid through December 31)

Residents: **\$25.00** plus tax, per dog

Non-Residents: **\$40.00** plus tax, per dog

Weekend Permits: **\$6.00** per dog

All canines must be leashed and controlled. Pooper scoopers must be used. For more information, please call (954) 828 - PARK or visit the Parks and Recreation Administrative Office at 1350 West Broward Boulevard.



We Look Forward to Serving You!

Registration

The City of Fort Lauderdale Parks and Recreation Department is making registration for programs easier and more convenient. The main Registration center is located at the:

Holiday Park Social Center

1150 G. Harold Martin Drive

Monday through Friday, 10 AM - 2 PM and 2:30 PM - 5:30 PM

Limited registration is available at some of the other recreation centers. Please call the center you wish to attend to confirm registration times.

Payment must be made at the time of registration. We accept payment for our programs in cash (\$50 bills are the largest denomination accepted), check, MasterCard and Visa.

Some programs have separate fees for residents and non - residents. Valid proof of residency must be provided to receive the resident rate.

Many of the programs fill very quickly, and registration is on a first come, first serve basis. Programs may be cancelled if a minimum enrollment is not met.

We look forward to serving you.

YOUTH ENRICHMENT SCHOLARSHIP (Y.E.S.)

Residents of the City of Fort Lauderdale may qualify for the Y.E.S. fees for children to participate in designated recreation programs. Children on Reduced or Free Lunch Programs at their school may receive cost reduction. To qualify, parents must provide proof of Fort Lauderdale residency, as well as a copy of the school's lunch voucher. If the school is a total Free / Reduced Lunch site, proof of enrollment is required (example: report card).

Parks

Snyder Park

(954) 828-4585

3299 SW 4th Avenue, Fort Lauderdale



BARK PARK

"The park dogs ask for by name", is a fully fenced and supervised area where dogs can socialize off leash in a safe and caring environment. It features agility equipment, hose stations, drinking fountains and shelters.

Open: 7:00 AM to 7:30 PM

April thru September

7:00 AM to 6:30 PM October thru March

Fee: Dogs - Free

Age: 6-12 years and Seniors - \$1.50

weekdays; \$2.00 weekend and holidays

13 years and over - \$2.00 weekdays; \$2.50

weekend and holidays

Annual Bark Park passes can be purchased

for \$75.00 (individual) or

\$125.00 (family up to 4).

The Dog Swim Program takes place

Sat - Sun 10:00 AM to 5:00 PM

March thru November.

The fee is \$1.00.

Other amenities at Snyder Park include

pavilion rentals, bike riding, paddleboat

rides, swimming and fishing.

**Due to the effects of Hurricane Wilma, some of Snyder Park's amenities are under refurbishment, and Mills Pond Park will re-open to the public as soon as possible. The opening date will be based on progress of clean up and safety. **

Thank you for your patience - From the Staff at Snyder Park and Mills Pond Park.

Mills Pond Park

(954) 828 - 8943

2201 NW 9th Ave Fort Lauderdale

MILLS POND ADULT SOFTBALL LEAGUES

Cost: \$450 per team

Park Admission: \$1.50 per person

Season includes:

10 games plus playoffs

Game times:

6:45 PM, 7:45 PM,

8:45 PM and 9:45 PM

Team Awards for 1st and 2nd Place (Season and Playoffs)

Game Balls provided

Divisions: Advanced (D1), Intermediate (D2), Recreational (D3)

Co - Ed: DI, II, III - Thursday

Men's: DI, II, III - Sunday, Monday,

Tuesday, Wednesday or Friday

Corporate Co - ed: DI, II -

Monday, Tuesday or Friday

Batting Cages:

Practice your skills with fast or slow pitch softball or Baseball from 40 mph to 70 mph

Hours: Monday - Friday,

5:00 PM - 9:00 PM

Saturday, 10:00 AM - 2:00 PM

Sunday, 10:00 AM - 8:00 PM

Fees: \$3.00 per token (20 pitches)

1/2 hour: \$18; 1 hour \$30

WATER SKIING

Meet new people and join the fun with the Gold Coast Ski Club. Opportunities include slalom, wakeboard, barefoot, ballet, pyramid, jump, doubles, and more. Year - round; USA members only. For more information, please call: (954) 345 - 2860 or visit

www.goldcoastskiclub.org.

Build Family Unity

Just for Moms and Dads

PARENTING WORKSHOP

Today's parents face new challenges every day. Discuss topics on positive discipline, communication skills, stress and anger management in a social setting. Sponsored by The Mental Health of Broward County.

Age: Parents

Saturday

9:00 AM - 11:00 AM

February 4, March 4, April 1, May 6

LAUDERDALE MANORS PARK

Free

PARENT'S NIGHT OUT

Look Moms and Dads...you can have a night off! Drop your children with us for an evening of supervised activities to include basketball, soccer, relay races, arts and crafts, a movie and more.

Age: 6 - 12 years

Friday

6:30 PM - 10:00 PM

February 3, March 3, April 7,

May 5

RIVERLAND PARK COMMUNITY CENTER

Resident: \$6.00

Non - Resident: \$8.00

Y.E.S.: \$2.00



Youth After School Programs and Camps

S.N.A.P. SUPERVISED NEIGHBORHOOD AFTER SCHOOL PROGRAM

Today's busy parent can be confident that trained experienced leaders in a safe environment care for their child close to home. Recreation staff and contracted professionals provide enriching experiences for today's child. Activities include homework assistance, art, athletics and special events.

Age: 6 - 11 years
Monday - Friday
2:00 PM - 6:00 PM
February 2 - May 31
Bass Park
Lauderdale Manors Park
Warfield Park
Resident: \$52.00
Y.E.S.: \$13.00



FIRST SERVE AFTER-SCHOOL PROGRAM

First Serve is a unique, life enriching after school program. The structured curriculum teaches students life skills, healthy habits, and promotes positive values. Participants will receive daily tennis instruction from our professional staffs as well as homework assistance and tutoring to ensure academic excellence and achievement.

Age: 6 - 12 years
Monday - Friday
2:00 PM - 6:00 PM
February 2 - May 31
Carter Park
Resident: \$52.00
Y.E.S.: \$13.00

KIDS CARDIO CAMP PLUS

This fun, challenging, high-energy after school program was developed to meet the health, fitness and weight challenges of today's youth. In partnership with Whole Foods Market Ft. Lauderdale, participants will be exposed to a nutrition and health collage that will benefit them through the stages of life. Exercise, tennis instruction and homework assistance are additional components of the program. Please call center for additional session dates.

Age: 7 - 12 years
Monday - Thursday
3:00 PM - 5:30 PM
First Session: February 13 - March 23
Residents: \$45.00
Y.E.S.: \$18.00

F.L.A.S.H. AFTER CARE PROGRAM

F.L.A.S.H. is an after school camp providing extended care for children who attend Croissant Park Elementary School. Activities include homework assistance, arts and crafts, sports, swimming, outdoor games, fun with computers, story time, Healthy Kidz activities and seasonal projects. Daily snack is provided. F.L.A.S.H. is licensed through Broward County Children and Family Services and is a recipient of the Broward County Gold Seal. Please call center for availability, (954) 468-1487

Age: 5 - 11 years
Monday - Friday
2:00 PM - 6:00 PM
February 2 - May 31
Croissant Park
Resident / Non - Resident: \$155.00/month
Y.E.S.: \$75.00 / month

Provide Safe Places to Play

Spring Break Camps **CAMP FUN ESCAPE**

Join us at Bass Park during Spring Break for loads of fun! Camp activities will include art, games, movies, sports and much, much more. A session of swim will also be included. Each child attending should bring a bag lunch daily. For more information, please call (954) 828 - 4542.

Age: 5 - 12 years
Monday - Friday, April 10 - April 14
Monday, April 17
8:00 AM - 5:30 PM
Bass Park
Resident: \$10.00
(S.N.A.P. REGISTRANTS ONLY)

SPRING SPLASH CAMP

Join us for lots of fun activities during Spring Break! There will be swimming in our heated pool, games and crafts. Please send your child with a snack, bag lunch, swimsuit and towel daily.

Age: 6 - 11 years
Monday - Friday, April 10-14
Monday, April 17
8:00 AM - 5:30 PM
Carter Park
Resident: \$10.00
(S.N.A.P. REGISTRANTS ONLY)

SPRING EXPLOSION

Join us during Spring Break for games, sports, arts and crafts.

Age: 5 - 12
Monday-Friday, April 10 - 14
Monday, April 17
8:00 AM - 5:30 PM
Lauderdale Manors Park
Resident: \$10.00
(S.N.A.P. REGISTRANTS ONLY)

ACTION KIDS SPRING BREAK CAMP

Spring Break Camp consists of scheduled games and activities such as outdoor sports, board games and crafts. A field trip is scheduled as well. Children should bring lunch and snack daily. Register now as space is limited M-F 9:30am-6:00pm. Call 954-468-1487 for details.

Age: 5 - 11 years
Monday - Friday, April 10 - 14
Monday, April 17
8:00 AM - 5:30 PM
Croissant Park
Resident: \$80.00
Non - Resident: \$120.00
Y.E.S.: \$20.00



SPRING BREAK CAMP

Join Riverland Park Spring Break Camp for a week of supervised activities that will include swimming, sports, arts and crafts, and a field trip.

Age: 6 - 11 years
Monday - Friday, April 10 - 14
Monday, April 17
8:00 AM - 5:30 PM
Riverland Park
Residents: \$80.00
Non - Residents: \$120.00
Y.E.S.: \$20.00

Youth Sports, Fitness & Cultural Activities

AFTER-SCHOOL SPORTS, CLUBS & ACTIVITIES

YOUTH SPORTS CLUB BASEBALL

Baseball instruction will include hitting, fielding, throwing and pitching. Skills development will be a focus, as well as game strategies, tactics and sportsmanship.

Age: 9 - 12 years
 Tuesday, Thursday
 3:00 PM - 6:00 PM
 Saturday
 10:00 AM - 2:00 PM
 February 6 - April 22
 Bass Park
 Carter Park
 Lauderdale Manors Park
 Osswald Park
 Warfield Park
 Resident: \$15.00

YOUTH SPORTS CLUB COACH PITCH BASEBALL

Coach Pitch is a safe and controlled environment that will focus on hitting and batting skills. Coaches will be on the field working hand-in-hand with the young players.

Age: 7 - 9 years
 Tuesday, Thursday
 3:00 PM - 6:00 PM
 Saturday
 10:00 AM - 1:00 PM
 February 6 - April 22
 Bass Park
 Carter Park
 Lauderdale Manors Park
 Osswald Park
 Warfield Park
 Resident: \$15.00



YOUTH SPORTS CLUB T-BALL

This is a fun introduction to the game of baseball. Batting and base running will be a focus for coaching instruction.

Age: 5 - 7 years
 Tuesday, Thursday
 3:00 PM - 6:00 PM
 February 6 - April 22
 Bass Park
 Carter Park
 Lauderdale Manors Park
 Osswald Park
 Warfield Park
 Resident: \$15.00

SOCCER ACADEMY

This co-ed soccer development program will instruct players on all levels and skills of the game. Emphasis is on fundamental of the game, teamwork and sportsmanship. Practice is fun with mini games for fitness and conditioning. Each player learns the importance of team play and game tactics.

Age: 6 - 11 years
 Tuesday, Wednesday, Thursday
 4:00 PM - 6:00 PM
 February 1 - February 28
 Carter Park
 Resident: \$15.00

Instill Teamwork

TRY TENNIS

Our professionals teach future stars basic tennis skills while making learning fun. Instruction includes hand-eye coordination, racquet skills and stroke techniques.

Age: 5 - 12 years
 Tuesday, Thursday
 6:00 PM - 7:00 PM
 March 7 - March 30
 Carter Park
 Resident / Non - Resident: \$15.00



YOUTH SPORTS CLUB PRE TEE GOLF

This program will introduce young children to the game of golf, in a fun, playful learning approach. Basic motor skills and golf fundamentals with graduated equipment will allow the children to have success. This program will assist children with reaching the next level of golf's PGA program, The First Tee.

Age: 5 - 12 years
 Monday, Wednesday
 4:45 PM - 5:45 PM
 February 6 - May 27
 Carter Park
 Resident: \$15.00

FLORIDA SUPERSTARS DANCE CLASS

This high-energy class will include dance, cheerleading and baton lessons. Participants will learn new dance skills, make new friends and have fun at the same time. Please call center for additional session dates.

Beach Community Center
 Age: 5 - 7: Wednesday 3:30 PM - 4:30 PM
 Age: 8 - 12: Wednesday 4:30 PM - 5:30 PM
Riverside Park Community Center
 Age: 5 - 7: Wednesday 6:30 PM - 7:30 PM
 Age: 8 - 12: Wednesday 7:30 PM - 8:30 PM
Riverland Park Community Center
 Age: 5 - 7: Monday 6:30 PM - 7:30 PM
 Age: 8 - 12: Monday 7:30 PM - 8:30 PM

Session 1: February 1 - February 28
 Resident / Non - Resident: \$40.00/month
 Registration Fee: \$20.00 annually

RED AND WHITE DANCE

It's the coolest dance party around! Enjoy games, great music, food and much more. The music starts at 6:00pm. For more information, please call (954) 828 - 8498.

Age: 6 - 12 years
 Tuesday, February 14
 6:00 PM - 8:00 PM
 Bass Park
 Resident: \$1.00
 Non - Resident: \$2.00

Happiness Happens Here!



LITTLE CHEFS

This is your opportunity to learn how to create some of your favorite foods! Each fun-filled week will feature a fun food item that children can create from start to finish. This program will offer children a chance to learn basic nutrition tips, develop basic cooking skills, and have tons of fun!

Age: 6 - 12 years
Wednesday
6:00 PM - 7:30 PM
February 1 - March 22
Bass Park
Resident: \$10.00
Non - Resident: \$20.00

KIDS COOKING CREATIONS

Do your kids enjoy helping in the kitchen? If so, this would be the perfect class for them. Kids will explore their creativity in the kitchen by making fun and tasty treats week after week while meeting new friends.

Age: 6 - 12 years
Thursday 3:30 PM - 5:00 PM
Session I: March 2 - March 23
Session II: March 30 - April 20
Beach Community Center
Residents: \$35.00
Non-residents: \$40.00

KIDS ART & CULINARY CREATIONS

Food makes any activity a bit more satisfy-

ing, especially with schoolagers with insatiable appetites. This class is designed for students with a serious interest in creating art and trying different forms of food. Space is limited, advanced registration required. Call (954) 828 - 5383 for registration and additional session dates.

Age: 7 - 12 years
Tuesday
4:00 PM - 5:30 PM
Session 1: February 7 - February 28
Holiday Park Social Center
Residents: \$30.00
Non - Residents: \$35.00
Y.E.S.: \$9.00

Holiday Park Activity Center (954) 828 - 5385

FORT LAUDERDALE STARS GYMNASTICS

Fort Lauderdale Stars Gymnastics is a safe and fun-filled, year-round program for children of all ages. Instructors are safety certified by USA Gymnastics. Gymnastics increases strength and flexibility, motor coordination, spatial awareness and self-confidence. For more information, visit our website at www.Ftstars.com or call (954) 828- 5681.

Programs include: Birthday Parties, Mom n Me, Open Gym, Preschool, Private Lessons, Recreational, Specialized Camps, Tumbling Classes and a Women's Competitive Team Program.

Class Dates: March 13 - April 27
Spring Camp: April 10 - 14
Call (954) 828-5682 for information on individual program dates, times and fees.

Office & Registration Hours
Monday - Friday: 3:00 PM - 7:00 PM
Saturday: 9:00 AM - 12:00 PM

15 (954) 828-5682 Office Ftstars@comcast.net



AIKIDO FOR KIDS

Aikido is fun to do with techniques that involve grappling and tumbling. Children learn how to defend against a much larger attacker using minimal force and without wild kicking or punching. Aikido is non-competitive, so children can learn at their own pace in an atmosphere that develops focus, self-discipline, self-confidence and physical fitness. For more information, please call (954) 981 - 4824 or visit our website at www.floridaaikikai.com.

Age: 5 - 15 years
Monday, Wednesday (mixed):
5:00 PM - 6:00 PM
Thursday (advanced):
5:00 PM - 6:00 PM
Saturday (mixed):
9:00 AM - 10:00 AM
Begins February 1, monthly
Children: \$50.00
Additional sibling: \$40.00



Holiday Park Social Center

(954) 828 - 5383

MINI-MASTERS:MESSY ART HOUR

Uninhibited play and expression are powerful learning experiences for the developing child...and moms can relax in the meantime! Children should be dressed in clothing appropriate for painting and working with mediums that may stain. Please call for additional session dates.

Age: 3 - 5 years
Tuesday
10:30 AM - 11:30 AM
Session 1: February 7 - February 28
Residents: \$25.00
Non - Residents: \$30.00

PEE WEE GOLF

This is an instructional-based program designed for boys and girls ages 4 to 5 years old. The basis of this program is to teach the fundamental skills of golf, while developing motor skills and providing social interaction. This program will consist of 6 week, one-hour sessions. Each session will involve hands-on instruction. Each participant will receive a participation trophy and a shirt. Registration is: February 6 - February 24.

Holiday Park Gym - Outside
Age: 4 - 5 years
Thursday
6:00 PM - 7:00 PM
Begins March 2
Early Resident Registration: \$50.00
(must register by Feb. 17)
Resident: \$75.00 (after Feb. 17 registration)
Non - Resident: \$85.00

Lauderdale Manors Park

(954) 828 - 5412

CHEERLEADING ACADEMY

Youth will tap into their creativity with chants, jumps and dance movements, while developing coordination, endurance and teen spirit. Participants will display their talents during a variety of performances.

Age: 4-12 years

Tuesday 6:30 PM - 8:00 PM

February 7- May 30

Residents: \$ 5.00

Non-Residents: \$10.00

Registration fee: \$30.00

Riverland Park Community Center

(954) 321 - 1234

P.A.L.KARATE

This free class will teach all ages the fundamentals of a self-defense course while also instilling discipline.

Age: 6 years and over

Wednesday 6:30 PM - 8:00 PM

February 1 - May 31

Free

YOUTH BASKETBALL

This recreational league will stress learning the basic basketball skills and teaching good sportsmanship. Included in the registration fee will be eight regular season games, two play-off games, a team shirt and an individual trophy.

Age: 6 - 7 years:

9:00 AM - 11:00 AM

Age: 8 - 9 years:

11:00 AM - 1:00 PM

Age: 10 - 11 years:

1:00 PM - 3:00 PM

Saturday March 4 - May 13

Resident: \$40.00

Non - Resident: \$50.00

Y.E.S.: \$10.00

Warfield Park

(954) 759 - 6896

CHEER DANCERS ACADEMY

The purpose of this program will provide cheerleaders the opportunity to grow physically, emotionally and socially. The following skills will be taught: standing, sitting, jumping, windmills and many more. Each participant will receive a certificate at the end of the session.

Age: 10 years and under

Saturday

10:00 AM - 12:00 PM

February 4, February 11, February 18, February 25

Resident: \$ 5.00

Non-resident: \$10.00



D.R.E.A.M.

(Dance, Rhythm, Expression, and Movement) Join the DREAM TEAM: The DREAM TEAM PROGRAM is intended to teach children respect, discipline and teamwork in a positive and fun environment. The technical aspect of the program will teach floor moves, dance steps and half counts. Stretches and warm ups will be covered at the start of each class. Children will be exposed to a variety of music such as Contemporary, Hip - Hop, Jazz, R & B and much more.

Age: 6 - 12 years

Wednesday, Thursday

6:30 PM - 7:30 PM

Session 1: February 1 - February 23

Resident: \$ 5.00

17 Non-resident: \$10.00



TEEN CLUB

Calling all teens! This is your opportunity to hang out, have fun, and meet new friends in a safe environment.

BASS PARK (954) 828-8983

Ages: 12-17 years

Monday, Thursday & Friday

6:00 PM - 8:30 PM

February 6 - May 25

Residents: \$5.00

CARTER PARK COMMUNITY SERVICES FOR HIGH SCHOOL STUDENTS

Need to get your community service hours before graduation? This is an opportunity to learn how a city park operates. You will have a chance to work with trained, friendly staff in many areas of the park. If you are interested in volunteering, having fun, and helping your community, while earning those valuable service hours, Carter Park is the place for you!

JOSEPH CARTER PARK

(954) 828-5411

Ages: 14 - 18 years

Monday, Wednesday, Friday 3:00 PM - 8:00 PM

February 1 - May 30

Free

TEEN ANTI-DRUG CONFERENCE

For future leaders and at-risk youth care workers, this day of training and workshops will help prepare you to recognize and combat the first-time use of alcohol, tobacco and other drugs among at-risk teens in your parks, schools, and communities. In collaboration with the City of Ft. Lauderdale Parks & Recreation, MODCO, SCS, Broward County Commission of Substance Abuse. Please call (954)828-4538 to sign up or for more information.

JOSEPH CARTER PARK

(954) 828-5411

Ages: 14 years and over

Friday, April 6 8:00 AM - 4:00 PM

Free





FOURTH ANNUAL ST. PAT'S DAY TEEN GAMES ROOM TOURNAMENT

Come and show your skills in this night of fun, challenge and adventure! Board games, pool, and cards, as well as other recreational games, will be contested, with winners receiving prizes. Food and drink will be served. Please call (954)828-4538 to sign up or for more information.

JOSEPH CARTER PARK

(954) 828-5411
Ages: 12 - 17 years
Friday, March 17
7:00 PM - 9:00 PM
Residents: \$ 5.00
(Free with teen card)
Non-residents: \$10.00
Free for Teen SCENE/ASIA members

FRIDAY NIGHT OPEN GYM

Open Gym provides an opportunity for kids in the community to have fun and enjoyment through the game of basketball. They will learn new skills and improve skills they already have while participating in a safe, well-supervised activity. Teens will have the chance to make friends and increase social development.

CROISSANT PARK COMMUNITY CENTER

(954) 468-1487
Ages: 13-18 years
Friday
6:30 PM - 8:00 PM
February 3 - May 26
Free

SPRING DANCE

Summer is just around the corner, school is almost out, and we are celebrating! Come on out and dance the night away while a DJ spins your favorite music.

RIVERLAND PARK COMMUNITY CENTER

(954) 321-1234
Ages: 11 - 14 years
Friday, April 28
7:00 - 10:00 PM
Residents: \$2.00
Non-residents: \$2.00

YOUTH SPORTS CLUB SOCCER ACADEMY

The Academy works with all levels of young players on core skills such as footwork, ball striking, and field play with tactics. Each practice is fast, exciting, and fun! The higher skilled player works on passing, ball control, shooting, heading and dribbling.

Ages: 12 - 18 years
Tuesday, Wednesday & Thursday
6:00 PM - 8:00 PM
February 1 - February 28
Bass Park, Carter Park, Lauderdale Manors Park, Osswald Park, Warfield Park
Residents: \$15.00 Annual Youth Sports Club fee

Dive Right In!

Swimming, Water Fitness & Fun!

Aqua Therapy/Water Aerobics

Keep your body in-tune with your mind as you enjoy the coolest way to exercise in South Florida. In Water Aerobics and Aqua Therapy, our certified instructors will guide you through a series of strength training exercises and cardiovascular conditioning drills. Low-stress, low-impact, big fun, and good music are what make up a "wet-a-size" session. Get in shape or just maintain a healthy lifestyle. Programs are for 18 and over and ongoing from February 1 - May 31, 2006, unless otherwise noted.



ADULT AQUA THERAPY - BASS PARK

Monday - Thursday
7:00 AM - 8:30 AM
Residents / Non-Residents: \$2.00 / \$3.00

ADULT AQUAFIT - CARTER PARK POOL

Monday - Thursday
6:30 PM - 8:00 PM
February 27 - May 31
Residents / Non-Residents: \$1.00 / \$2.00

WATER AEROBICS -

CROISSANT PARK POOL

Ages: 12 years and over
Monday, Wednesday, Friday
8:30 AM - 9:30 AM
Tuesday, Thursday
6:45 PM - 7:45 PM
Saturday 10:00 AM - 11:00 AM
Residents: \$4.00/class \$25.00 monthly
Non-resident: \$5.00/class \$30.00 monthly

HYDRO-FITNESS -

CROISSANT PARK POOL

Ages: 12 years and over
Monday, Wednesday, Friday
10:00 AM - 11:00 AM
Residents: \$3.00/class \$15.00 monthly
Non-residents: \$4.00/class \$20.00 monthly

ADULT WATER AEROBICS -

LAUDERDALE MANORS PARK POOL

Monday - Thursday
6:00 PM - 8:00 PM
Saturday
11:00 AM - 1:00 PM
Residents / Non-Residents: \$2.00 / \$3.00

ADULT WATER AEROBICS - RIVERLAND PARK POOL

Wednesday & Friday
6:30 PM - 7:30 PM
Tuesday & Thursday
10:00 AM - 11:00 AM
Residents / Non-Residents: \$2.00 / \$3.00

Try Different Strokes

Lap Swim

Lap swimming is for the experienced swimmer, age 12 and over, who likes to train independently in an effort to enhance cardiovascular fitness while developing endurance and muscle tone in a low-impact workout.



CARTER PARK POOL

Monday - Thursday
6:00 AM - 8:00 AM
Residents / Non-Residents:\$1.00 / \$2.00

CROISSANT PARK POOL

Monday - Friday
6:00 AM - 8:00 AM
Saturday & Sunday
7:30 AM - 9:30 AM
Residents / Non-Residents:\$2.00 / \$3.00

FORT LAUDERDALE HIGH SCHOOL POOL

Monday - Friday
5:00 PM - 8:00 PM
Saturday & Sunday
10:00 AM - 1:00 PM
Residents / Non-Residents:\$2.00 / \$3.00

RIVERLAND PARK POOL

Tuesday & Thursday
5:00 PM - 8:00 PM
Saturday & Sunday
10:00 AM - 1:00 PM
Residents / Non-Residents:\$2.00 / \$3.00

Recreational Swim

Open swim for all! Get off the couch, away from the house and relax as you soak yourself in rejuvenating crystal blue water and sparkling sunshine. No frills, just old-fashioned open pool time for the young and young at heart. **Children under the age of 8 must be accompanied by a responsible adult swimmer at least 18 years old.** All recreational swim sessions are open to all ages (unless otherwise noted) and free to individuals. Call pool for group rates. Ongoing Feb. 1- May 31 unless otherwise noted.

SPRING BREAK RECREATION SWIM - BASS PARK POOL

Age: 8 years and over
Monday - Saturday
1:00 PM - 4:00 PM
April 10 - April 15

WEEKEND RECREATION SWIM - BASS PARK POOL

Age: 8 years and over
Saturday and Sunday
1:00 pm - 4:00 PM
May 6 - May 28

RECREATION SPLASH & SWIM - CARTER PARK POOL

Saturday and Sunday
12:00 PM - 5:00 PM
Monday - Friday
3:00 PM - 6:00 PM



RECREATION SWIM - MAIN POOL - CROISSANT PARK POOL

Monday - Friday
3:00 PM - 6:00 PM
Saturday & Sunday
11:00 AM - 4:00 PM
* Groups (camps, schools, etc.) charged
\$.50/person and must RSVP prior to arrival

RECREATIONAL SWIM - FORT LAUDERDALE HIGH SCHOOL POOL SUNRISE MIDDLE SCHOOL POOL

Saturday & Sunday
1:00 PM - 4:00 PM
May 27 & May 28

WET AND WILD WEEKEND SWIM - LAUDERDALE MANORS POOL

Ages: 8 years and over
Friday
2:00 PM - 5:00 PM
Saturday & Sunday
1:00 PM - 4:00 PM

TEEN POOL BASH! - LAUDERDALE MANORS POOL

Ages: 13 - 19 years old
Friday
6:00 PM - 10:30 PM
February 10, March 10, April 14, May 12

RECREATIONAL SWIM - MAIN POOL - RIVERLAND PARK POOL

Monday - Friday
3:00 PM - 6:00 PM
Saturday & Sunday
1:00 PM - 4:00 PM

SPRING BREAK RECREATIONAL SWIM - MAIN POOL - RIVERLAND PARK POOL

Monday - Friday, April 10-14
1:00 PM - 6:00 PM
Saturday, April 15
1:00 PM - 4:00 PM
Monday, April 17
1:00 PM - 6:00 PM



Swim Instruction, Water Safety & Education

Are you interested in water safety instruction, learning to swim or snorkel, or perhaps to scuba or kayak? Does swimming competitively create excitement for you, or your children? If your child can swim at least 25 yards, they can join the swim team. Daily work-outs and weekend swim meets are included. All learn to swim classes are taught by American Red Cross water safety instructors at an affordable rate. They focus on improving stroke technique and endurance.

SPRING SPLASH WATER SAFETY COURSE - BASS PARK POOL

Age: Pre-K - Grade 6
Monday - Friday
11:00 AM - 12:00 PM
April 10 - April 14
Residents / Non-Residents :\$5.00/\$10.00

COMPETITIVE SWIMMING - BASS PARK POOL

Age: 5 - 17 years
Tuesday and Thursday
5:00 PM - 7:00 PM
Saturday
11:00 AM - 1:00 PM
February 1 - May 31
Residents / Non-Residents: \$15.00 monthly / \$20.00 monthly
Y.E.S.: \$ 7.00 monthly

SPRING BREAK TEEN & ADULT LEARN TO SWIM - LEVEL 1 - CARTER PARK POOL

Ages: 13 years and over
Monday - Friday, April 10 - 14th
Monday, April 17th
9:00 AM - 10:00 AM
Residents / Non-Residents:
\$25.00 / \$35.00
Y.E.S.: \$ 7.00

SPRING BREAK YOUTH LEARN TO SWIM - LEVEL 1 - CARTER PARK POOL

Ages: 6 - 8 years; 9 - 12 years
Monday - Friday, April 10 - 14
Monday, April 17th
9:00 AM - 10:00 AM
Residents / Non-Residents:
\$25.00 / \$35.00
Y.E.S.: \$ 7.00

SPRING BREAK TEEN & ADULT LEARN TO SWIM - LEVEL 2 - CARTER PARK POOL

Ages: 13 and over
Monday - Friday, April 10 - 14th
Monday, April 17th
10:00 AM - 11:00 AM
Residents / Non-Residents:\$25.00/ \$35.00
Y.E.S.: \$ 7.00

SPRING BREAK YOUTH LEARN TO SWIM - LEVEL 2 - CARTER PARK POOL

Ages: 9 - 12 years
Monday - Friday, April 10 - 14
Monday, April 17
10:00 AM - 11:00 AM
Residents/ Non-Residents:\$25.00 / \$35.00
Y.E.S.: \$ 7.00



Create a Ripple Effect

TRY SNORKELING - CARTER PARK POOL

Please call (954)828-4538 for more information.
Ages: 7 years and over
Saturday
1:00 PM - 3:00 PM
March 4, April 1
Residents / Non-Residents:
\$5.00 / \$15.00
Free for Teen Scene/ASIA



TRY KAYAKING - CARTER PARK POOL

Please call:(954) 828-4538 for more info.
Ages: 10 years and over
Saturday 3:00 PM - 5:00 PM
March 4, April 1
Residents / Non-Residents: \$5.00 / \$15.00
Free for Teen Scene/ASIA

TRY SCUBA EXPERIENCE - CARTER PARK POOL

Ages: 12 years and over
Saturday
8:00 AM - 11:00 AM
March 4, April 1
Residents / Non-Residents:
\$5.00 / \$15.00
Free for Teen Scene/ASIA

TEEN AQUATICS & SCUBA CLUB - CARTER PARK POOL

Come join the TASC (RAWW) divers, National Association of Black Scuba Divers (NABS), Teen Scene, and S. FL Aquatics Team (SWAT). Open to EVERYONE who dives or has an interest in SCUBA or other aquatic water sports. The club organizes and plans dive trips and classes, networking opportunities, educational workshops, jet skiing, windsurfing, and kayaking. Price for NABS membership (optional) not included. Please call (954) 828-4538 for more information.

Ages: 12 years and over
Fridays 7:00 PM - 8:00 PM
February 3, March 3, April 7, May 5
Residents/Non-residents:
\$15.00 (free with teen card)
Y.E.S.: \$ 3.50

SPRING AQUATICS SCHOOL - CARTER PARK POOL

A blockbuster week of comprehensive aquatics training courses including Water Safety Instructor, Lifeguard Training, CPO, and special roundtable discussions with industry professionals. Please call for class details (954) 828-5435.
Ages: 15 years and over
Monday - Saturday, April 10 - 15
Time varies by class
Fee varies by class

COMPETITIVE SWIM TEAM - CROISSANT PARK POOL

Ages: 6 - 15 years
Monday, Wednesday, Friday
6:00 PM - 7:00 PM
February 1 - May 31
Residents / Non-Residents: \$15.00 monthly / \$25.00 monthly
Y.E.S.: \$ 7.00 monthly

Splash, Laugh, Blow Bubbles

WEEKEND SWIMMING LESSONS - LEVEL 1 - CROISSANT PARK POOL

This program is offered to Girl Scouts and the general public who will receive the Level 1 swim lessons from American Red Cross certified instructors. Two time slots available for your convenience. Please call center for additional session dates.

Ages: 5 years and over

Saturday & Sunday

4:30 PM - 5:15 PM

Saturday & Sunday

5:30 PM - 6:15 PM

February 4 - February 26

Residents / Non-Residents:

\$25.00 / \$35.00

Y.E.S.: \$ 7.00

SPRINGBOARD DIVING FOR ADULTS - FORT LAUDERDALE HIGH SCHOOL POOL

Please call (954) 828-4570 if interested in joining and for additional session dates.

Ages: 18 years and over

Saturday

9:15 AM - 10:15 AM

February 4 - February 25

Residents / Non-Residents: \$6.00 / \$7.00

COMPETITIVE SWIM TEAM - RIVER- LAND PARK POOL

Ages: 5 - 16 years

Monday, Wednesday, Friday

5:00 PM - 6:00 PM

April 3 - May 31

Residents: \$ 15.00 monthly

Non-Residents: \$ 25.00 monthly

Y.E.S.: \$ 7.00 monthly



SPRING BREAK YOUTH LEARN TO SWIM - LEVEL 1 - RIVERLAND PARK POOL

Ages: 5 to 9 years

Monday - Friday, April 10 - 14

9:00 AM - 9:45 AM

Residents / Non-Residents:

\$10.00 / \$15.00



SPRING BREAK YOUTH LEARN TO SWIM - LEVEL 2 - RIVERLAND PARK POOL

Ages: 6 - 9 years

Monday - Friday, April 10 - 14

10:00 AM - 10:45 AM

Residents / Non-Residents:

\$10.00 / \$15.00

LEARN TO SWIM - PARENT AND TODDLER - LEVEL A & B (Mix) - RIVERLAND PARK POOL

Parent or caregiver must accompany the child in the water.

Ages: 6 months - 3 years

Monday - Friday, April 10 - 14

9:00 AM - 9:30 AM

Residents / Non-Residents:

\$10.00 / \$15.00



LEARN TO SWIM - PARENT AND TOD- DLER - LEVEL B (Preschool) - RIVER- LAND PARK POOL

Two time slots available for your convenience. Parent or caregiver must accompany the child in the water.

Ages: 2 - 5 years

Monday - Friday, April 10 - 14

9:30 AM - 10:00 AM or

10:15 AM - 10:45 AM

Residents / Non-Residents:

\$10.00 / \$15.00



Adult Fitness and Sports

Beach Community Center
(954) 828 - 4610



BODY SCULPTING

Body Sculpting is a fun exercise combining cardiovascular conditioning with strength training using weights and music. It is designed to shape and tone the body while boosting metabolism.

Monday, Wednesday, Friday
9:00 AM - 10:00 AM
February 1 - May 31
Residents: \$7.00
Non - Residents: \$8.00

CHEN STYLE TAI CHI CHUAN

Chen Style Tai Chi Chuan is the supreme Chinese martial arts and the exercise system of Chinese medicine that uses slow, gentle movements. It is fun to learn and a life changing practice. The benefits include stress relief, increased relaxation and improved strength, fitness, and overall health.

Tuesday, Thursday
6:00 PM - 7:30 PM
February 2 - May 30
Residents: \$12.00/class, \$85.00/10 classes, \$225.00/30 classes
Non - Residents: \$15.00/class, \$95.00/10 classes, \$255.00/30 classes

FLEXIBILITY

Improve your posture and enjoy a full body stretch with our new flexibility class! Work on flexibility, balance and coordination while you strengthen your abdominals, back, hips and thighs.

Tuesday, Thursday
8:30 AM - 9:15 AM
February 2 - May 30
Residents: \$7.00
Non - Residents: \$8.00

CHAIR YOGA

Chair Yoga is a gentle, non-aerobic based program designed for those with mobility limitations.

Monday, Wednesday
12:00 PM - 12:45 PM
February 1 - May 31
Residents: \$7.00
Non - Residents: \$8.00

Keep Mentally Alert

YOGA

Our morning yoga class is a unique blend of Raja and Hatha techniques, while the evening class is taught in the Kripalu technique, both with emphasis on practical uses. Towel and mat are required.

Monday, Wednesday, Friday
10:15 AM - 11:45 AM
Monday, Wednesday
6:15 PM - 7:45 PM
February 1 - May 31
Residents: \$9.00
Non - Residents: \$10.00



OPEN PING PONG PLAY

Come and join us for some ping pong! Everyone can play, singles or doubles, and improve your skill at this light-hearted game. Bring your own paddle or we can supply you with one. This is a great way to meet new people.

Monday, Wednesday
9:00 AM - 11:00 AM
Thursday
1:00 PM - 3:00 PM
February 1 - May 31
Free

"STAR WALKERS"

Health Care Talks offered the 1st Wednesday of the month by a Healthcare Professional from Imperial Point Medical Center. Free Blood Pressure screenings scheduled from 8:30-9:00am. Look for upcoming flyers for additional information and Healthcare Topics.

Wednesday
8:30 AM - 10:00 AM
February 1, March 1, April 5, May 3
Free

**Croissant Park
Community Center**
(954) 468 - 1487

ALL-IN-ONE AEROBICS

All-In-One Aerobics is a fun, core-conditioning program that produces optimum results. Tuesday offers a Pilates/Yoga inspired fast paced workout. Thursday concentrates on balance and strength with the use of a stability ball and toning exercises. You will improve circulation, muscle tone and flexibility. (Please bring a mat & stability ball for Thursday). A perfect way to start your day!

Tuesday, Thursday
8:30 AM - 9:30 AM
February 2 - May 30
Residents: \$4.00
Non - Residents: \$5.00

Get Heart Healthy



Holiday Park (954)828-5993

ADULT BASKETBALL LEAGUE

Looking for a fun, competitive league to participate in? The City of Fort Lauderdale will be coordinating basketball leagues on Tuesday nights at Holiday Park Gym! The league will consist of ten games plus playoffs. Season and Playoff awards: 1st and 2nd place team trophy and 1st place individuals. For more information, call the sports hotline at: (954) 828 - 3789.

HOLIDAY PARK GYM

Tuesday
7:00 PM - 10:00 PM
Begins February 7
Team Fee: \$430.00

ADULT DODGE BALL LEAGUE

Looking for a fun and competitive league to participate in? The City of Fort Lauderdale will be hosting an adult dodge ball league on Thursdays starting March 2 at the Holiday Park Roller Hockey Rink! Awards will be distributed to 1st and 2nd place teams and 1st place individuals. For more info please contact Phil Peterson at (954) 828 - 5993.

HOLIDAY PARK ROLLER HOCKEY RINK

Age: 18 years and over
Thursday
7:00 PM - 10:00 PM
Begins March 2
Team Fee: \$225.00

ADULT DODGE BALL TOURNAMENT

Looking for a fun and competitive tournament to participate in? The City of Fort Lauderdale will be hosting an Adult Dodge Ball Tournament on Saturday, February 11 at the Holiday Park Roller Hockey Rink! Awards will be distributed to 1st and 2nd place teams and 1st place individuals. For more info please call Phil Peterson at (954) 828 - 5993.

HOLIDAY PARK ROLLER HOCKEY RINK

Saturday, February 11
Begins at 9:00 AM
Resident / Non - Resident: \$75.00

SLAM JAM VOLLEYBALL CLUB

Come play volleyball at the Holiday Park Gym! Pick up games Monday nights from 7pm - 10pm. Teams will be formed for games based on number of players per night. For more information, please contact the Sports Hotline at (954) 828 - 3789.

HOLIDAY PARK GYM

Monday
7:00 PM - 10:00 PM
Begins February 6
Resident: \$6.00
Non - Resident: \$7.00

ADULT POWER VOLLEYBALL LEAGUE

Ready to show off your killer spike? The City of Fort Lauderdale will be coordinating three volleyball leagues including coed power, men's, and coed intermediate. The league will consist of ten games plus playoffs. Season and Playoff Awards: 1st and 2nd place team trophy and 1st place individuals. For more information, call the Sports Hotline at (954) 828 - 3789.

HOLIDAY PARK GYM

Wednesday
7:00 PM - 10:00 PM
Begins February 8
Team Fee: \$315.00

TAI CHI

This form of fitness is extremely popular among open-minded progressive adults because of its remarkable effects on the mind and body. Slow, fluid movements performed in a standing position make for a comfortable session of fitness. Novices are always welcomed.

HOLIDAY PARK SOCIAL CENTER

Thursday
9:00 AM - 10:30 AM
February 2 - May 25
Residents: \$6.00
Non - Residents: \$7.00

THE ART OF YOGA

With enlightened Yogi Mark Roberts, enjoy a unique blend of Raja (mental) and Hatha (physical) Yoga Techniques, with emphasis on practical applications designed for this age. Posture flow stretching, guided meditation, energy expansion visualizations, respiratory and endocrine glandular system strengthening. Please call: 954-776-3740 or 954-579-9102 for additional information.

HOLIDAY PARK ACTIVITY CENTER

Morning classes:
Monday-Thursday: 10:45 AM-12:15 PM
Friday: 8:30 AM-10:00 AM
Wednesday: 8:30 AM-10:00 AM and 10:45 AM-12:15 PM
Evening classes:
Monday, Tuesday, Thursday, Friday:
8:00 PM - 9:30 PM
Adults: \$12.00 class,
\$105.00/10classes,
\$285.00/30classes,
Seniors: \$10.00/ class, \$90/10 classes,
\$250.00/30 classes

Reduce Stress

AIKIDO

Aikido is a unique traditional Japanese martial based on principles of non-violence and harmony. It is a highly effective form of self-defense that teaches you how to protect yourself by using an attacker's own size against them. There is no violent kicking or punching in Aikido. You learn how to control an aggressor with minimal force using dynamic circular throwing and pinning techniques. Men, women and children of all ages can practice Aikido. Sessions are monthly throughout the year. Please call (954) 981 - 4824 for more information. Website: www.floridaaikikai.com.

HOLIDAY PARK ACTIVITY CENTER

Monday, Wednesday, Friday (mixed):
6:30 AM - 7:30 AM
Monday-Friday(mixed):9:30AM-10:30 AM
Monday & Wednesday (mixed)
6:00 - 7:00
Monday, Wednesday (weapons):
7:00 PM - 7:30 PM
Tuesday, Thursday (basics):
6:00 PM - 7:30 PM
Tuesday, Wednesday, Thursday:
7:30 PM - 8:30 PM
Friday (mixed): 6:00 PM - 7:30 PM
Saturday (mixed):10:00 AM - 11:00 AM
Saturday (basics): 11:00 AM -12:00 PM
Sunday (mixed): 10:00 AM - 11:00 AM

Begins January 2, monthly
Adults: \$ 85.00
Married Couples: \$ 150.00
Student: \$ 65.00
Visitor fee (per day):\$ 10.00
Registration Fee (new members): \$25.00

Riverland Park Community Center (954) 321 - 1234

YOGA-LATES

Experience an ancient practice combined with a new practice that will improve strength, flexibility, and stamina, while also improving your posture and balance. Towel required; mats can be provided.

Wednesday
6:00 PM - 7:30 PM
February 1 - May 31
Residents: \$5.00
Non - Residents: \$6.00



YOGA

Yoga classes are a great way to increase your flexibility, range of motion, and reduce stress. Yoga also connects the movement of the body and the rhythm of breathing. Towel required; mats can be provided.

Tuesday, Thursday
8:30 AM - 9:30 AM
February 2 - May 30
Residents: \$5.00
Non - Residents: \$6.00

Riverside Park Community Center (954) 468 - 1553

TOTAL BODY & CORE CONDITIONING

This fun, high-energy power and aerobic program is designed to improve your overall strength, flexibility and conditioning. This is accomplished by using biomechanical resistance exercises that target the upper, lower abdominal core and body musculature.

Monday
6:30 PM - 7:30 PM
February 6 - May 30
Residents: \$6.00/class

YOGA

Learn and experience relaxing beginner level techniques intended to systematically work through the entire body to strengthen and increase flexibility while bringing harmony and balance to mind, body and spirit. Towel and mat are required.

Tuesday
6:15 PM - 7:45 PM
February 7- May 30
Residents: \$8.00/class
Non - Residents: \$9.00/class

Warfield Park Community Center (954) 759 - 6896

JU-JITSU MARTIAL ARTS PROGRAM

A year-round martial arts program which will offer youth and adults self discipline and control through a practical form of self-discipline and exciting safe competitive sport. The program will offer youth and adults instruction at different skill levels. Youth and adults can go on to compete in state and national tournaments. The skills taught will include blocking, striking and throwing. It will teach the art of movement using the mind and body to obtain power, speed and gracefulness.

Age: 6 years - Adult
Tuesday & Thursday
6:00 PM - 8:00 PM
Saturday
1:30 PM - 3:30 PM
February 2 -May 23
Kids: \$35.00
Adults: \$50.00



Adult Art, Cultural, Social Programs



Bass Park (954) 828 - 8498

ADULT COMPUTER BASICS

In Adult Computer Basics you can learn to create and change documents, search the web, write letters to your friends, or create a business card. The options are endless!

Tuesday
6:00 PM - 7:30 PM
February 7 - April 4
Residents: \$10.00
Non - Residents: \$20.00

KEENAGERS

This lively group of retirees meet weekly for trips, holiday parties, and some good old - fashioned fellowship. Don't spend your golden years at home alone - join us for great companionship and a whole lot of fun!

Age: 55 and older
Monday
11:00 AM - 2:00 PM
Begins February 6
Residents: \$12.00
Non - Residents: \$15.00

Beach Community Center (954) 828 - 4610

MIXED MEDIA

Channel your creative forces with guidance from a professional artist and painter. You select your favorite medium or composition and we will provide you with expert advice from our professional instructor. You will also benefit from the interaction and support from others enrolled in this class.

Tuesday
9:30 AM - 11:30 AM
February 7 - May 30
Residents: \$7.00
Non - Residents: \$8.00

"A TOUCH OF MONET" - WATER COLOR EXPLORATION CLASS

Participants will explore a variety of watercolor painting themes and techniques in this class, from the beginning artist to the accomplished painter. Timothy Leistner, Ed.D., Professional Artist and Educator, will provide visual presentations and demonstrations to help each participant to unlock and explore their personal, creative side. Each session will include direction and focus on a different theme. Each participant will explore various artistic techniques; have time for experimentation; and opportunities to complete personal watercolor paintings. Some basic supplies will be provided. Each participant will be given a list of supplemental art supplies to fully express their personal creativity.

Friday
10:00 AM - 12:30 PM
Session 1: February 10 - March 10
Session 2: March 17 - April 14
Session 3: April 21 - May 19
Session 4: May 26 - June 23
Residents: \$70.00
Non - Residents: \$83.00



INTERMEDIATE BALLROOM DANCE INSTRUCTION

Ballroom dancing is becoming very popular again with the younger age groups and we have one of the best instructors in the area. Each month we will teach different dances such as: Rumba, Fox Trot, Swing, Tango, Cha-Cha, Merengue, Samba, Disco, Waltz or Peabody. Refreshments are served during the break.

Tuesday
6:30 PM - 8:00 PM
February 7 - May 30
Residents: \$6.00
Non - Residents: \$7.00

LINE DANCE

This is one of the most enjoyable ways to stay in shape and have fun while dancing. No partner is needed, so singles are very welcome! Our certified instructor will have you learning all the latest dances in no time.

Thursday
10:00 AM - 11:30 AM
February 2 - May 25
Residents: \$6.00
Non - Residents: \$7.00

SOCIAL DANCES

Join us for a delightful evening of dancing and show off all of those fancy steps as you fox trot, waltz, rumba, cha-cha and tango around the floor. Gather with friends or come and meet new ones. Enjoy light refreshments.

Wednesday
7:00 PM - 10:00 PM
February 15 & March 29
Residents Early Registration: \$7.00
(prior to night of dance)
Residents Regular Registration: \$8.00
(pay at door)



Make New Friends



DUPLICATE BRIDGE

For all you Duplicate Bridge players that are working on Master Points, we have a weekly game just for you! Our qualified director will coordinate the game and register your scores. Refreshments are included.

Tuesday
12:30 PM - 4:00 PM
February 7 - May 30
Residents / Non - Residents: \$4.00

PARTY BRIDGE PLAY

Attention all Bridge players! Meet new friends while engaging in South Florida's most popular card game. No partner is needed and refreshments are included.

Thursday
1:00 PM - 4:00 PM
February 2 - May 25
Residents / Non - Residents: \$2.00

BEGINNING BRIDGE LESSONS

Learn to play the fascinating game of Bridge from our expert! Fun for beginners and review beginners. No partners are needed. Please register early.

Tuesday
9:30 AM - 11:30 AM
March 7 - April 18
Residents: \$55.00
Non - Residents: \$65.00

CASH BEACH BINGO

Bingo is a wonderful way for friends to engage in a great social atmosphere. Packages start at \$5.00 and all prizes are cash pay - outs. Our scrumptious hotdog lunches our back! For just \$1.00 you can enjoy a hotdog and chips, and for only \$.25 you can enjoy your choice of beverage.

Friday
11:00 AM - 2:00 PM
February 3 - May 26
Fee: Packages start at \$5



AARP DRIVERS SAFETY PROGRAM

Are you looking for a discount on your car insurance? Well, the City of Fort Lauderdale and AARP are offering an 8-hour driver's safety program that gives you that discount. This program is offered in a classroom style setting.

Age: Adults
Tuesday, Thursday
9:00 AM - 1:00 PM
February 28 & March 2
Free

HOT TOPIC WEDNESDAYS FOR THE 60+SET

The City of Fort Lauderdale and Broward County Elderly and Veterans Services presents a number of HOT TOPICS for the 60+ set. Join us once a month to gather for a friendly group discussion on various important topics. Focus on Staying Healthy, Tackling those Holiday Blues, Improving your Medication Wisdom, Handling Stress, and many other fascinating talks.

Age: 60 and over
Wednesday
9:30 AM - 11:30 AM
February 15, March 15, April 19, May 17
Free

FEATURE FILM

Do you find it difficult to make it to your local theatre for current feature films? Don't despair, because all of our weekly films were box office hits at the theatre in the past year. Come and join us for a free Blockbuster hit every week!

Thursday
10:00 AM - 12:30 PM
February 2 - May 25
Free

MID-DAY MEAL PROGRAM

The City of Fort Lauderdale Parks and Recreation Department in partnership with Broward County Meals on Wheels has established a "Dining Out Site" at the Beach Community Center. Enjoy a balanced, nutritious meal with your friends or come and meet some new friends. Listen to famous, favorite tunes from the past as you eat. A donation of \$2.00 per meal is requested. You must be 60 years or older to be eligible and will be required to complete an application. Please call (954) 828 - 4610 by 11:00am to reserve a meal for the next day.

Age: 60 and over
Monday - Friday
12:00 PM - 1:00 PM
February 1 - May 31
Free

Joseph Carter Park
(954) 828 - 5411

COMPUTER MADE EASY-BEGINNERS

Welcome to the world information! This is an era of new technology and you can be a part of it. We will teach you the "how" and "what" on using a computer. The pace will be based on your ease and comfort with the computer. Let's get you an Email address and on your way to using the computer!

Tuesday
10:00 AM - 11:00 AM
February 7 - March 14
Free

COMPUTERS MADE EASY- LEVEL II

Now that you have the basic knowledge of how to turn on the computer and access the Internet, let's step it up and learn some new software programs! Would you like to type a resume or make a spreadsheet? This class will enhance your knowledge of Microsoft Word and Excel, among other programs.

Monday
7:45 PM - 8:45 PM
March 6 - April 10
Residents: \$10.00
Non-residents:\$15.00

Holiday Park Social Center
(954) 828 - 5383

BALLROOM STYLE DANCING INSTRUCTION

Classic Latin and International dance styles offered each month will provide valuable skills to those seeking exercise, entertainment and the chance to meet others with similar interests.

Age: 18 years and over
Monday, Wednesday, or Thursday
6:30 PM - 8:00 PM
February 1 - May 31
Residents: \$6.00
Non - Residents: \$7.00



ROUND DANCE-BEGINNER LEVEL

Novices to Round Dance are welcomed to join in one of the liveliest forms of creative movement where a caller choreographs ballroom and square dance moves. A partner is needed; let us know if you need one. Call (954) 828 - 5383.

Sunday
3:00 PM - 4:30 PM
February 4 - May 27
Residents: \$6.00
Non - Residents: \$7.00

ROUND DANCE-INTERMEDIATE LEVEL

Experienced Round Dancers are welcomed to join in one of the liveliest forms of creative movement where a caller choreographs ballroom and square dance moves. A partner is required.

Sunday
1:00 PM - 2:30 PM
February 4 - May 27
Residents: \$6.00
Non - Residents: \$7.00

CINEMA CELEBRATION

Save yourself a bundle of cash, avoid the box office lines, and mingle with the audience as you relax viewing a newly released Blockbuster film for free. Bring your own popcorn, or enjoy coffee and cookies for only \$.25.

Friday
10:00 AM - 12:00 PM
February 3 - May 27
Free

PROGRESSIVE BRIDGE

Bridge requires skills in decision making and problem solving which helps to keep the mind sharp. Experienced card players wanted!

Wednesday
10:30 AM - 2:30 PM
February 1 - May 31
Residents: \$2.00



SPRING FLING LUNCHEON

Spend the midday hours among friends enjoying live stage entertainment, a tasty three course lunch, and prize awarded bingo games. Space is limited, so don't be an April Fool, be sure to purchase your tickets no later than Friday, March 31. For additional information please call 954-828-5383.

Wednesday, April 5
10:00 AM - 12:00 PM
Resident: \$10.00

Riverland Park Community Center
(954) 321 - 1234

OPEN BRIDGE PLAY

This Open Bridge session will be supervised by a long time bridge player who can help tone your bridge skills. This session will be a great way to socialize with local bridge players like yourself. Open to beginner and advanced players.

Monday
12:30 PM - 3:30 PM
February 6 - May 29
Residents: \$2.00
Non - Residents: \$3.00

Riverland Park Community Center
(954) 468 - 1553

MIDDAY CARDS & BOARD GAMES

If cards are your thing and board games make you swing then this mid morning activity will provide a place to socialize, relax and have FUN! Backgammon, Checkers, Chess, Taboo, Uno, Spades, Hearts and MORE!

Tuesday, Thursday
10:30 AM - 12:00 PM
February 2 - May 30
Residents: \$3.00/class

BALLROOM DANCE

Ballroom dancing is becoming very popular with the younger adults and having one of the best instructors in the area makes this a fun class. Each month we feature different dances from Swing, Salsa, Waltz, Cha-Cha, Disco, Rumba, Tango, Samba and more. So bring a partner or come by yourself for this step - by - step instruction. Refreshments served.

Age: Adults
Thursday
6:30 PM - 8:00 PM
February 2 - May 25
Residents: \$6.00/class
Non - Residents: \$7.00/class

Adult Trips and Tours

Visit New Places

PALM BEACH PRINCESS

Back by popular demand, this 5-hour cruise in the Atlantic offers all the amenities of a regular cruise including casino, gourmet luncheon buffet, Las Vegas-style stagershow, bingo and more! Sign up early!

BEACH COMMUNITY CENTER

(954) 828-4610
Wednesday, Jan. 25
Thursday, April 13
8:15 AM - 6:15 PM
8:15 AM - 6:15 PM
Residents/Non-Residents: \$61.00

AIRPORT/SEAPORT TOUR

All of the inner-workings of the airport and seaport are revealed in this fun day of discovery.

BEACH COMMUNITY CENTER

(954) 828-4610
Wednesday, Feb. 9
Monday, March 13
9:30 AM - 4:00 PM
9:30 AM - 4:00 PM
Residents/Non-Residents: \$45.00

COCONUT GROVE PLAYHOUSE

"Southern Comforts"
Asking the enigmatic question, "Can love between opposites last?" Dixie Carter and Hal Holbrook star in this theatrical gem. Don't miss it!

BEACH COMMUNITY CENTER

(954) 828-4610
Wednesday, Feb. 15
10:00 AM - 5:00 PM
Residents/Non-Residents: \$74.00

CORAL SPRINGS CENTER

"An Evening with Dean & Friends"
Direct from Las Vegas, Tom Stevens is the man of 100 voices as he performs his one man tribute show. Comic wit and spectacular characterizations!

BEACH COMMUNITY CENTER

(954) 828-4610
Sunday, Feb. 26
11:00 AM - 5:00 PM
Residents/Non-Residents: \$61.00



JUPITER ISLAND/MANATEE QUEEN CRUISE

Back by popular demand, we will enjoy Florida's winter weather and water-ways while sightseeing on a private charter.

BEACH COMMUNITY CENTER

(954) 828-4610
Tuesday, Feb. 28
8:00 AM - 4:00 PM
Residents/Non-Residents: \$56.00

BROADWAY ZEIGFELD ENTERTAINERS

Support multiple charities as you reminisce with an energetic cast of show biz veterans.

BEACH COMMUNITY CENTER

(954) 828-4610
Sunday, March 5
11:30 AM - 5:30 PM
Residents/Non-Residents: \$61.00

CORAL SPRINGS CENTER

"Hal Roach Irish Cabaret"
Hal Roach is known as both the "Bob Hope of Ireland" and the "King of Blarney". His hilarious Irish stories and special friends make this an unforgettable show. Great way to spend St. Patrick's Day!

BEACH COMMUNITY CENTER

(954) 828-4610
Friday, March 17
11:00 AM - 5:00 PM
Residents/Non-Residents: \$77.00

NAPLES DINNER THEATRE

"La Cage aux Folles"
Winner of 6 Tony awards, including Best Musical, this is the must-see show of the season. Knockout score, hilarious book, dynamite dancing - a dazzler from start to finish!

BEACH COMMUNITY CENTER

(954) 828-4610
Sunday, March 19
9:00 AM - 6:00 PM
Residents/Non-Residents: \$65.00

STAGE DOOR THEATRE

"Ain't Misbehavin'"
Winner of the 1978 "Best Musical" Tony, this show captures the soul of 1930's Harlem with toe-tapping, finger snapping, swinging fun. Still considered one of Broadway's all-time best.

BEACH COMMUNITY CENTER

(954) 828-4610
Wednesday, March 22
11:00 AM - 5:00 PM
Residents/Non-Residents: \$61.00

NASDAQ 100 TENNIS TOURNAMENT

Come watch the world's hottest pros compete in our own backyard! Thrilling to watch just feet from the match play!

BEACH COMMUNITY CENTER

(954) 828-4610
Friday, March 24
9:00 AM - 7:00 PM
Residents/Non-Residents: \$45.00

Explore Technology

JONATHAN DICKINSON STATE PARK / LOXAHATCHEE RIVER CRUISE

We travel to the quaint town of Hobe Sound, located just north of Jupiter, to one of Florida's most scenic state parks. The Loxahatchee River, Florida's first federally designated Wild and Scenic River, runs through this park and offers visitors the chance to experience all the beauty this river has to offer. We will board the 44-passenger Loxahatchee Queen II for a two-hour tour of the river, with a stop at the restored camp of Trapper Nelson, the "Wildman of the Loxahatchee". Our next stop is Hobe Sound's most famous restaurant, Harry and the Natives. An awesome day, not to be missed!

Thursday, March 30 & April 6
Leave: 8:00 AM
Return: 5:00 PM
Resident/Non-Residents: \$63.00



ACTOR'S PLAYHOUSE At the Miracle Mile, Coral Gables "5 Course Love"

Five disaster dates, one chance for true love! This hilarious new musical is a "compositional tour-de-force of clever writing and appealing music" (Rochester City News). Isn't it time to belly laugh?

BEACH COMMUNITY CENTER
(954)828-4610
Sunday, May 14
10:30 am - 5:30 am
Resident/Non-Residents: \$71.00

Adult Computer Classes

COMPUTER BASICS 1

Learn the basics:
Terminology, use of mouse,
use of Windows XP

BEACH COMMUNITY CENTER
(954)828-4610
Tuesday, February 7
Thursday, February 9
9:00 AM - 12:00 PM
Resident: \$60.00
Non-resident: \$70.00

COMPUTER BASICS 1

Same curriculum as above
BEACH COMMUNITY CENTER
(954)828-4610
Monday, February 27
Wednesday, March 1
1:00 PM - 4:00 PM
Resident: \$60.00
Non-resident: \$70.00

COMPUTER BASICS 2

Master editing techniques such as
cutting, copying and pasting.
Create folders & save files.
Install programs & customize
the look of your desktop.

BEACH COMMUNITY CENTER
(954)828-4610
Tuesday, February 14
Thursday, February 16
9:00 AM - 12:00 PM
Resident: \$60.00
Non-resident: \$70.00

COMPUTER BASICS III

Explore Windows Media Player &
Play videos and music cd's. Learn
to maintain your computer to optimize
its performance, update Windows &
restore its original settings.

BEACH COMMUNITY CENTER
(954)828-4610
Tuesday, February 28
Thursday, March 2
9:00 AM - 12:00 PM
Resident: \$60.00
Non-resident: \$70.00

WORD PROCESSING

(Microsoft Word)
Create & save flyers, letters & faxes.
Edit & print your work & add graphics
for extra flair.

BEACH COMMUNITY CENTER
(954)828-4610
Monday, February 6
Wednesday, February 8
Friday, February 10
1:00 PM - 4:00 PM
Resident: \$ 90.00
Non-resident: \$100.00

Community Events

MICROSOFT PUBLISHER

Learn the ins and outs of this popular program.

BEACH COMMUNITY CENTER

(954) 828-4610

Monday, February 13

Wednesday, February 15

Friday, February 17

9:00 AM - 12:00 PM

Resident: \$ 90.00

Non-resident: \$100.00

MICROSOFT EXCEL

Become proficient in creating spreadsheets, mailing label lists & formulas. Format cells & insert graphs and charts for colorful presentations.

BEACH COMMUNITY CENTER

(954) 828-4610

Monday, February 13

Wednesday, February 15

Friday, February 17

1:00 PM - 4:00 PM

Resident: \$ 90.00

Non-resident: \$100.00

INTERNET BASICS 1 & 2

Learn to connect to the Internet, search for your favorite topics, assign a home page & create a favorite list of websites.

BEACH COMMUNITY CENTER

(954) 828-4610

Monday, February 27

Wednesday, March 1

Friday, March 3

9:00 AM - 12:00 PM

Resident: \$ 90.00

Non-resident: \$100.00

INTERMEDIATE INTERNET

An intermediate level course for those possessing the skills & knowledge covered in Basics I & II

BEACH COMMUNITY CENTER

(954) 828-4610

Monday, February 6

Wednesday, February 8

Friday, February 10

9:00 AM - 12:00 PM

Resident: \$ 90.00

Non-resident: \$100.00



SUNTRUST SUNDAY JAZZ BRUNCH

Free monthly Sunday morning jazz concert series along the Historic Riverwalk bringing residents and guests downtown to enjoy great music, beautiful scenery, terrific atmosphere and good food.

Hotline:(954) 828-5363

RIVERWALK

1st Sunday of every month

11:00 AM - 2:00 PM

NOON TUNES AT STRANAHAN PARK

A free midday concert series in the park providing the downtown business community live entertainment and a relaxing atmosphere in which to enjoy their lunch. This program is designed to showcase the Parks & Recreation Department and the services it provides, while bringing people into the park giving exposure to the City's wonderful natural spaces.

STRANAHAN PARK

Wednesday

11:30 AM - 1:30 PM

February 9 - March 15

STEP UP FLORIDA

Step Up Florida is a special event that will unify the community in promoting fitness in our everyday lives. For more information, please visit www.doh.state.fl.us

RIVERWALK

Age: 12 and over

Monday, February 13

12:00PM-3:00PM

FREE

JUMP AND SPLASH UNDERWATER EASTER EGG HUNTS

Entertainment for the entire family! A free afternoon of fun with swimming and prizes in lucky eggs! Children under the age of 8 must be accompanied by a responsible adult or guardian. Please call specific sites for more information.

BASS PARK POOL (954) 828-8983

Age:4 years and over

Friday, April 14

1:00PM-3:00PM

RIVERLAND PARK POOL (954) 321-1234

Age:2-10 years

Friday, April 14

1:00PM-3:30PM

CROISSANT PARK (954) 468-1487

Age:2-12 years

Saturday, April 15

12:00PM-4:00PM Egg hunt/Water playground



Tennis

Jimmy Evert Tennis Center (JETC) (954) 828-5378

The Jimmy Evert Tennis Center (JETC), located in Fort Lauderdale's Holiday Park, is known throughout the world as one of the nation's finest public tennis facilities. Its rich and distinguished history includes everything from teaching children how to improve their serves and backhands to contributing to the development of tennis professionals such as Chris Evert and Jennifer Capriati.

The Center features 18 lighted clay courts, three hard courts, a clubhouse with locker and shower facilities, players' lounge and a Tennis Hall of Fame.

- 18 Lighted Clay Courts
- 3 Hard Courts
- Men's & Women's locker rooms
- Players' Lounge
- Pro Shop
- Private Lessons
- Ball Machine Rental
- Stringing on site

	Daily Before 5:00 PM	Daily After 5:00 PM
Resident	\$5.00	\$6.00
Non - Resident	\$6.00	\$7.00

Annual Memberships

	Individual	Couples	Family	Junior(<19)	Senior(65+)
Resident	\$212.00	\$365.70	\$418.70	\$48.76	\$185.50 \$339.20 (Couples)
Non-Resident	\$349.80	\$530.00	\$583.00	\$95.40	\$265.00 \$445.20

All Day Fee

Adults	\$10.00
Juniors (18 and under)	\$ 3.00

Ball Machine

Per Hour	\$ 10.00
Individual-Annual Fee	\$100.00
Couple/Family-Annual Fee	\$150.00

Lessons-USPTA Teaching Professionals

Members	\$25.00 per half hour	\$48.00 per hour
Non-Members	\$30.00 per half hour	\$50.00 per hour

Group Lessons are available; call (954) 828-5378 for rates and schedules.

The Sport of a Lifetime

George English Tennis Center (GETC)



The New Community Center and Pro Shop at George English Park is slated to open Summer 2006! This 3,000+ sq ft building will include a state-of-the-art tennis pro shop and community center for all to enjoy.

After a three year hiatus, the Parks and Recreation **Summer Tennis And Sports Camp at George English Park** is scheduled to return to this picturesque and multi - functional park by the beach in Fort Lauderdale!

For years area children have learned and enjoyed tennis, soccer, softball, basketball, beach journeys and Friday splashdown BBQ days in our waterfront park! Watch for details and sign-ups.

Pavilion rentals, kayaking, bicycle and running clubs, pick - up basketball games are all an active part of this pristine park that includes a fitness trail, boat launches, and in - line skate rink, seven tennis courts with a certified coaching staff, ball machine rentals, league play and group lessons for adults and children of all ability levels.



WHY SHOULD WE PLAY?

Play develops better coordination, higher brain activity and better muscle tone. Play throughout a person's life generally creates less stress, a stronger heart and a better chance at living a longer fuller life.



City of Fort Lauderdale
Parks & Recreation
1350 Broward Blvd.
Fort Lauderdale, FL 33312

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